



Weekly Bulletin

Friday 24 January 2020

NEW DAYS / TIMES

Monday – 3 February – 10.00 am

CRAFTY CORNER – Gumnut Cottage

Crafty Corner now meets at Gumnut Cottage on the 1st and 3rd Monday of each month - 10.00 am to 2.00 pm. It is a group for people who want a place to meet and share their crafts, enjoy a cuppa, good conversation and meet like-minded people. Meetings have an informal format where you can drop in anytime and stay as long as you want.



So, if you're an experienced crafter or want to learn a new skill come along, bring your current project, UFOs or materials to start a new project, whether its card-making, quilting, scrapbooking, appliqué, embroidery, rubber stamping, jewellery-making or any other craft activity. We hope to see you there! *Lois Good*

Monday – 3 February – 9.30 am

ZUMBA GOLD – Tuggeranong Seniors Centre

Zumba Gold is also moving to Mondays and will return at 9.30am on Monday 3 February. This class takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner and focus is on improving balance, strength and flexibility, while raising your heartbeat and improving cardiovascular ability. The intention of the class is to move a little and have a lot of fun! Instructor Susan will make you feel very welcome, so why not give it a go!

Angie Ashley



NEW OPPORTUNITIES

Fridays – 9.15am – 10.15am

TAI CHI (YANG STYLE)

If you are new to Tai Chi, or are familiar with other forms of Tai Chi, beginners and new members are welcomed at the start of each school term. The next 'intake' will be on **Friday 7 February**. This enables all newcomers to the form to progress and learn together at the same pace.

Jim & Jenny Marincic

Wednesday – 5 Feb – 11.00 am – 1.00 pm

BEGINNER BRIDGE LESSONS



Beginner lessons for students commence again Wednesday, 5 Feb at 11.00 am in Gumnut Cottage. The classes are held once a week and are of two hour's duration, with "cards on the table" teaching. The course lasts for six months then students graduate to Improver classes where they learn finer details of bidding and card play.

We don't move on until current topics are well understood. The emphasis is on repetition and consolidation. There are pre-set hands for every lesson. No prior knowledge of cards is necessary (although an advantage) and a partner is not required at this stage.

There will be many occasions for relaxed bridge throughout the course, where "shuffle and deal" social play and chat relieves the heavy burden of constantly learning new concepts.

Come along and be part of a unique and mind-expanding experience. Register interest at the Club office or email Margaret Kennedy, at marbken6@gmail.com

RETURN OF MONTHLY ACTIVITIES

Thursday – 30 January - 1.30 pm

AFTERNOON LAWN BOWLS

Due to the inclement weather yesterday, the planned lawn bowls was cancelled. We have been able, however, to reschedule the session for next Thursday, due to the availability of the facilities, courtesy of the Tuggeranong Vikings Bowls Club.



If you have not played lawn bowls before, why not come along and join us. John Williamson and his fellow lawn bowls club members will be only too pleased to show you how. There is plenty of free car parking available at the rear of the main club building. Please wear flat sole shoes, or if you like, just go bare foot and don't forget to wear a hat.

Norm Swanwick & John Williamson

Sunday – 2 Feb – 2.00 pm

SUNDAY SOCIAL BINGO

Bingo returns for 2020 on Sunday 2 Feb. The first of the weekend activities to recommence, this game is not only fun, but it has multiple health benefits: concentration, short-term memory skills and it promotes socialization! Games prizes are in keeping with the flavour of the day; bingo sheets/dabbers will be available on entry. There is always a delicious afternoon tea during the break, so why not come along and find out why the activity is so popular!

John Williamson

FRIVOLOUS FRIDAY...

Incorrect Password

I have been having trouble remembering passwords these days but have solved my problem. I changed my password to 'Incorrect'.

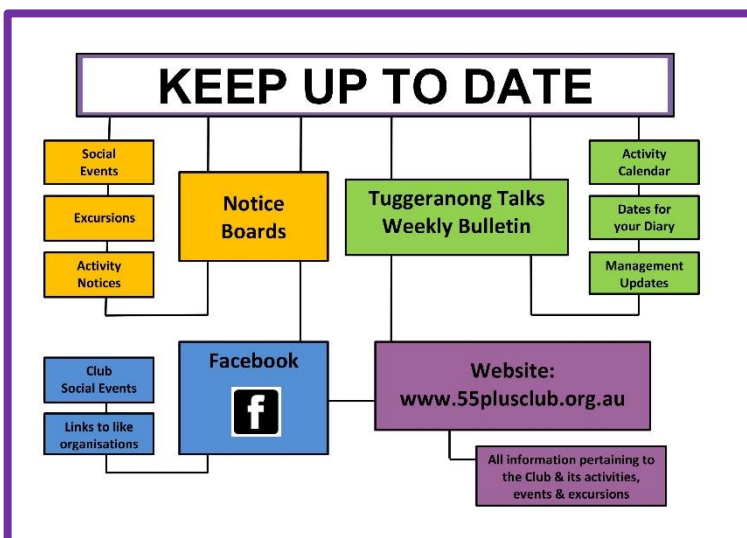
That way when I log in with the wrong password the computer will tell me 'Your password is incorrect'.

TIMETABLE

Monday 27 Jan – Sunday 2 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

| Day / Date | Time | Activity |
|--------------|----------|----------------------------|
| Mon 27 Jan | 9.30 am | Monday Cards - GC |
| | 1.30 pm | Table Tennis - TSC |
| | 2.00 pm | Bridge-Dup/Soc - GC |
| Tues 28 Jan | 5.15 pm | Yoga - TSC |
| | 8.10 am | Active Ex – M - TSC |
| | 9.00 am | Active Ex – W - TSC |
| | 1.00 pm | Mahjong - GC |
| Wed 29 Jan | 1.15 pm | Seated Yoga - TSC |
| | 9.30 am | Cribbage - GC |
| | 10.00 am | Carpet Bowls - TSC |
| | 12.10 pm | Seated Stretch - TSC |
| | 1.00 pm | K-nit 'n' K-natter - GC |
| | 1.15 pm | Bridge-Int - GC |
| Thurs 30 Jan | 1.30 pm | Line Dancing - TSC |
| | 3.30 pm | Bridge – Cont Beg - GC |
| | 9.30 am | 500 Cards - GC |
| | 1.00 pm | Mah-jong - GC |
| | 1.30 am | Lawn Bowls |
| Fri 31 Jan | 3.30 pm | Bridge-Improvers- GC |
| | 3.45 pm | Yoga - TSC |
| | 8.00 am | Cycling Group |
| Sun 2 Feb | 9.15 am | Tai Chi - TSC |
| | 10.30 am | Gentle Exercise - TSC |
| | 2.00 pm | Carpet Bowls- TSC |
| | 8.50 am | Walking Group |
| | 2.00 pm | Sunday Social Bingo |



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